

Scituate SENIOR CENTER

Commitment ★ Connection ★ Community

SENIOR HAPPY'NINGS | JULY & AUGUST 2021



CONTACT US

Our new address:
333 First Parish Road
Scituate, MA 02066

781-545-8722

[www.scituatema.gov/
council-on-aging](http://www.scituatema.gov/council-on-aging)

Hours of Operation:

Monday - Thursday
8:30 am to 4:30 pm
Friday | 8:30 am - 3:00
pm

OUR MISSION

To identify the unique needs and interests of our senior community and implement programs that will enhance their quality of life, foster independence, and ensure the physical and emotional well-being of a growing and active older population.



ABOUT US

DIRECTOR'S NOTE

Find ecstasy in life; the mere sense of living is joy enough.

Emily Dickinson

Bliss ... we are joyful!

So much to say; so much to do! We are so happy in our new building & so relieved for our renewed connections & return of the lifestyle we crave & have missed over the last 15 months.

I am so pleased to introduce Jess Souke to you as our new Activities/ Volunteer Coordinator.

Please watch for the gradual opening of our Food Service Program to include daily lunches as well as café service in the month of July. The Café will be ready for beverages & light fare soon, so come on in & greet a volunteer at the window to enjoy coffee w/ a friend or a quick sandwich. Our patio is available for patrons to use for their Café or personal lunches. We are thrilled to have hired a Food Service Manager & "seasoned" chef, Fred Willette, who will begin in July to develop our systems & operation for providing lunches, eventually on a regular schedule of Monday - Thursday.

Games, games, games ... are you ready? So pleased w/ our **Bocce Court** now equipped w/ a few amenities thanks to the ingenuity of Bill Fairbanks & Leif Lindblom. Our **Pool Table** has been christened & is ready for your own scheduling or we plan to enlist some help to arrange Tournament games for all to enjoy. A **Shuffleboard Table** has also been donated & added as a wonderful

addition. We would love to schedule some Bridge, Cribbage, Poker and Chess—and will take requests, but as of now we will ask people to work around our scheduled activities but are happy to make the space available to those wanting to enjoy independent games.

And are you ready to Walk? How do YOU walk? We have Trail Walking, Track Walking, Nordic Pole Walking, & just walking. Let us know what interests you & we can connect you w/ a group or start one. We look forward to our enthusiastic trail walkers starting up again soon. We also have our Greenbush Cardio Room equipment available & just ask that you sign-up onsite for a 1/2 hr time rame & 2 machines/2 individuals at a time.

The staff—new & old— is enjoying the present & acknowledging this gift of a Center, looking ahead, & feeling blessed to have you all back. Thank you all for your patience, your suggestions & your presence!

One note of sadness at the loss of Bette Johnson in May, as she was so involved w/ us at the Center and had so many friends among us. We are missing her tremendously as we remember all of her contributions. Her family will be providing a celebration of her life & memory here on Saturday, July 17. Linda ♥



OUR STAFF

Director

Linda Hayes | 781-545-8871
lhayes@scituatema.gov

Administrative Assistant

Jill Johnston | 781-545-8874
jjohnston@scituatema.gov

Transportation Coordinator

Ann Gifford | 781-545-8872
agifford@scituatema.gov

Outreach Coordinator

Open position | 781-545-8873

Activities & Volunteer Coordinator

Jessica Souke | 781-545-8875
jsouke@scituatema.gov

Food Service Manager

Fred Willette

Van Drivers

Michael Degagne & Betty Durkin. We hope to see Mary Brown, Joe Swindler, Jim Keeley back with us soon.

COUNCIL ON AGING BOARD

John D. Miller, Chair

Susan Kelly, Vice Chair

Leslie James

Janice Lindblom

Caitlyn Coyle

Pat Carleton

Laure Brady

Marie Fricker

Barbara McFadden, Associate

Selectman Liaison

Karen Canfield

KEEPIN' IT MOVING—EXERCISE FOR ALL

YOGA OPTIONS

Yoga ONSITE

Our on-site schedule will return to our pre-pandemic days/times:

Gentle Yoga w/Anne

Mondays at 8:30

Chair Yoga w/Anne

Mondays at 9:45

Gentle Yoga w/ Elizabeth

Wed at 8:30

Chair Yoga w/ Elizabeth

Wed at 9:45

Gentle Yoga w/ Elizabeth

Fri at 8:30 ON ZOOM for July

Chair Yoga w/ Elizabeth

Fri at 9:45 ON ZOOM for July

*Fee \$10 on-site; \$8 for Zoom;

**Fee \$5 per chair class.

Classes will be held in our new **Lawson Tower Fitness Room**. We would like to request sign-ups prior to class while we adjust to the numbers that we can accommodate. Friday classes will resume on-site in August.



ZUMBA GOLD

Mon & Wed at 2:00-3:00

Zumba class with Justine ... Come enjoy this fun dance opportunity w/ great music & a little extra toning included. Please pre-register to be sure we can accommodate you. \$5



LIFT YOUR SPIRITS STRENGTH CLASS

Wed & Fri—11:00-12:00

Strength training opportunity with Sue using hand weights. LIFT your spirits and increase your muscle strength—good for your bones, and 2 days, too! Please pre-register. \$5

INDOOR PICKLEBALL

Fri - 11:00 am

INDOOR Pickleball is offered by the Senior Center at the Veterans Memorial Gym on Fri @ 11:00. This is a volunteer-led activity where we ask for players to assist w/ setting up nets & breaking down & putting away at the end. Play is rotated regularly if more than 16 players are in attendance. Beginning instruction available. Outdoor Pickleball continues to be played on the tennis courts behind the gym in the afternoon in July/Aug.



BALANCE FOR LIFE

Mon & Thurs 11:00-12

This popular class w/ Sue incorporates stretching, movement, strengthening w/ resistance bands, meditative awareness, cool music & of course Sue, herself! Please pre-register. \$5



TAI CHI 4 HEALTHY AGING

Tues—1:00-2:30

We offer this targeted Tai Chi program to provide an introduction to Tai Chi movement following a modified program of 8 forms & exercises designed to strengthen and promote better balance. \$2 donation. **2nd class to be added!**

LINE DANCING, TOO!

Tues—11:00-11:45/12

New Line Dance class w/ Jean for 45 mins to an hour. Learn some new steps and dance to your favorite country songs. Fun way to exercise and be a hit at your next wedding.

Pre-registration requested. Cost \$5—July 6 complimentary 1st class.



OUTREACH & SERVICES

SHINE

Appointments for assistance or questions for health insurance selections, coverage and changes.

SHINE -> *Serving the Health Information Needs of Everyone*

Our volunteer SHINE Counselors receive rigorous training in aspects of Medicare and health insurance. Their role is to advise and assist with questions concerning health insurance and prescription coverage for those 65 and over.

Appointments are now available in person at the Senior Center with one of our 2 volunteers—Rich Durkin and Elaine Schembari.

Appointments can be arranged by calling the Senior Center. For those turning 65 it is advised that you begin at least 3 months in advance of your birthdate.

Please call 781-545-8722, press 2 for Jill or 0 for the Front Desk.

Small lawn cutting & yard clean up available thru Launch program employing young adults w/ disabilities. Call Kevin or Joanne 781-740-1206.

SNAP

Do you need assistance paying for food? SNAP may help. During this pandemic, many people may need more help paying for groceries. You may be eligible! Apply for SNAP food stamps by calling the Senior Center at 781-545-8722. SNAP (or EBT) cards are a debit card with a PIN for use at most grocery stores.

SCITUATE FOOD PANTRY

Client Hours:

Tues 10:00 am – 12:15 pm

Thurs 3:30 – 5:15 pm

The Food Pantry is MOVING to 1st Parish Rd behind the Senior Center in the lower level of the old Gates School Building.

Procedures for drive-up service will continue. Call the Food Pantry to register or request delivery at 781-545-5827.

Van Service is available at **NO CHARGE** through the Senior Center by calling **781-545-8722, press 3** to speak to the Transportation Coordinator.



PROFESSIONAL INFO

Senator Patrick O'Connor office hour with Lou Rizzo—**3rd Thursdays at 10:30-11:30 at the Senior Center**

Rep. Patrick Kearney office hours TBD; CALL TO REQUEST.

ASK A LAWYER

For a legal question, you can schedule a complimentary 1/2hr appt w/ one of our volunteer attorneys on the **3rd Friday of the month at the Scituate Senior Center**. Next available date: *Friday, July 16.*

BP / HEALTH CLINIC WITH NURSE EILEEN SCOTTI

1st & 3rd Wed 10:00-11:30

Ask a Nurse; Schedule a B-12 shot; Check Blood Pressure

MORE TO COME!

THE SCITUATE SENIOR CENTER IS A WELCOMING PLACE FOR ALL!

We are pleased & proud to support the efforts of these groups who are doing their part to help

recognize, celebrate and build a more inclusive community in Scituate:



SENIOR CENTER VOLUNTEER CORNER

Welcome Jessica Souke, our new Activities/Volunteer Coordinator!

DO YOU WANT TO MAKE A DIFFERENCE? If you are interested in volunteering please call Jessica at 781-545-8875. We are looking for:

- Notary Public
- Receptionists, Greeters
- Café/Kitchen Assistants, Lunchtime Servers
- Parking Lot Monitors (eligible for Senior Tax Work-off position—see Linda)

AARP tax preparers, client facilitators, technical coordinators & more!

Training will start in the fall, please call 1-888-AARP-NOW (1-888-227-7669) or visit aarpfoundation.org/taxaidevolunteer to register or get more info about AARP positions.



SCITUATE COMMITTEE ON DIVERSITY, EQUITY AND INCLUSION (SDEI)

JULY 2021 CALENDAR

WED 30		THUR 1		FRI 2
<p>Consider the Options with Richardson-Gaffey Funeral Home staff Wednesday, June 30 12:00-1:00 pm Please join us at the Senior Center Lunch provided; Space limited—please call 781-545-8722</p>		<p>11:00 Balance 1:00 Knitting 1:00 Shuffleboard</p>		<p>8:30 Yoga (Zoom) 9:45 Chair Yoga (Zoom) 10:00 Yoga (Zoom) 11:00 Lift Spirits Streng 11:00 Zoom w/Fenway Park for Patriotic Music & Poetry w/ Dick Flavin 11:00 Pickleball</p>
MON 5	TUES 6	WED 7	THUR 8	FRI 9
<p>Holiday Offices Closed</p>	<p>9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Men's Bocce 11:00 NEW: Line Dance 1:00 Shuffleboard 1:00 Tai Chi 2:30 Tai Chi</p>	<p>8:30 Yoga 9:45 Chair Yoga 10:00 Bocce 11:00 Lift Spirits Strength 1:00 Scrabble 2:00 Zumba Gold</p>	<p>11:00 Balance 11:00 Book Club 1:00 Knitting 1:00 Shuffleboard 5:30 Board Meeting</p>	<p>8:30 Yoga (Zoom) 9:45 Chair Yoga (Zoom) 10:00 Yoga on Zoom 11:00 Lift Spirits Strength 11:00 Pickleball</p>
MON 12	TUES 13	WED 14	THUR 15	FRI 16
<p>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 1:00 Hand & Foot 2:00 Zumba Gold 4:00 NEW Drawing Class</p>	<p>9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Men's Bocce 11:00 NEW: Line Dance 1:00 Shuffleboard 1:00 Tai Chi 2:30 Tai Chi</p>	<p>8:30 Yoga 9:45 Chair Yoga 10:00 Bocce 11:00 Lift Spirits Strength 12:30 NEW Painting Class 1:00 Scrabble 2:00 Zumba Gold</p>	<p>11:00 Balance 1:00 Caregiver Supp Grp 1:00 Knitting 1:00 Shuffleboard</p>	<p>8:30 Yoga (Zoom) 9:45 Chair Yoga (Zoom) 10:00 Yoga (Zoom) 10:30 Succulent Wkshp 11:00 Lift Spirits 11:00 Pickleball *Celebration of Life for Bette Johnson on Sat, July 17 @11:00 a</p>
MON 19	TUES 20	WED 21	THUR 22	FRI 23
<p>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 1:00 Hand & Foot 2:00 Zumba Gold 4:00 NEW Drawing C</p>	<p>9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Men's Bocce 11:00 NEW: Line Dance 1:00 Shuffleboard 1:00 Tai Chi 2:30 Tai Chi</p>	<p>8:30 Yoga 9:45 Chair Yoga 10:00 Bocce 11:00 Lift Spirits Strength 12:30 NEW Painting Class 1:00 Scrabble 2:00 Zumba Gold</p>	<p>11:00 Balance 1:00 Knitting 1:00 Shuffleboard</p>	<p>8:30 Yoga (Zoom) 9:45 Chair Yoga (Zoom) 10:00 Yoga (Zoom) 10:30 iPad Class I 11:00 NO Lift Spirits 11:00 Pickleball</p>
MON 26	TUES 27	WED 28	THUR 29	FRI 30
<p>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 1:00 Hand & Foot 2:00 Zumba Gold 4:00 NEW Drawing Class</p>	<p>9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Men's Bocce 11:00 NEW: Line Dance 1:00 Shuffleboard 1:00 Tai Chi* 2:30 Tai Chi* *Begins new 8-week</p>	<p>8:30 Yoga-LTF 9:45 Chair Yoga 10:00 Bocce 11:00 Lift Spirits Streng 12:30 NEW Painting Class 1:00 Antiqu Weatherv 1:00 Scrabble 2:00 Zumba Gold</p>	<p>11:00 Balance 1:00 Knitting 1:00 Shuffleboard</p>	<p>8:30 Yoga (Zoom) 9:45 Chair Yoga (Zoom) 10:00 Yoga (Zoom) 10:30 iPad Class II 11:00 Lift Spirits Strengt 11:00 Pickleball 12:30 Friday Flyx</p>

AUGUST 2021 CALENDAR

MON 2	TUES 3	WED 4	THUR 5	FRI 6
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 1:00 Hand & Foot 2:00 Zumba Gold 4:00 NEW Drawing Class	9:15 Beg Mah Jong 10:15 Mah Jong 11:00 NEW: Line Dance 1:00 Shuffleboard 1:00 Tai Chi 2:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce 11:00 Lift Spirits Strength 12:30 NEW Painting Class 1:00 North End/Revere 1:00 Scrabble 2:00 Zumba Gold	11:00 Balance 1:00 Knitting 1:00 Shuffleboard	8:30 Yoga ONSITE 9:45 Chair Yoga ON 11:00 Lift Spirits Strength 11:00 Pickleball 12:30 Friday Flix
MON 9	TUES 10	WED 11	THUR 12	FRI 13
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 1:00 Hand & Foot 2:00 Zumba Gold 4:00 NEW Drawing Class	9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Men's Bocce 11:00 NEW: Line Dance 1:00 Shuffleboard 1:00 Tai Chi 2:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce 11:00 Lift Spirits Strength 11:00 Art for the Mind! 12:30 Painting Class 1:00 N.E. Lightships 1:00 Scrabble 2:00 Zumba Gold	11:00 Balance 1:00 Knitting 1:00 Shuffleboard 5:30 Board Meeting	8:30 Yoga ONSITE 9:45 Chair Yoga ON 11:00 Lift Spirits Strength 11:00 Pickleball 12:30 Friday Flix
MON 16	TUES 17	WED 18	THUR 19	FRI 20
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 1:00 Hand & Foot 2:00 Zumba Gold 4:00 NEW Drawing Class	9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Men's Bocce 11:00 NEW: Line Dance 1:00 Shuffleboard 1:00 Tai Chi 2:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce 11:00 Lift Spirits Strength 12:30 NEW Painting Class 1:00 American Folk Art 1:00 Scrabble 2:00 Zumba Gold	11:00 Balance 1:00 Caregiver Supp Grp 1:00 Shuffleboard 1:00 Knitting	8:30 Yoga ONSITE 9:45 Chair Yoga ON-SITE 10:30 Scituate Suffrags 11:00 Lift Spirits Strength 11:00 Pickleball 12:30 Friday Flix
MON 23	TUES 24	WED 25	THUR 26	FRI 27
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 1:00 Hand & Foot 2:00 Zumba Gold	9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Men's Bocce 11:00 NEW: Line Dance 1:00 Shuffleboard 1:00 Tai Chi 2:30 Tai Chi	8:30 Yoga 9:45 Chair Yoga 10:00 Bocce 11:00 Lift Spirits Strength 12:30 NEW Painting Class 1:00 Scrabble 2:00 Zumba Gold	11:00 Balance 1:00 Knitting 1:00 Shuffleboard 10:00 - 3:00 ART EXHIBIT & SALE WORKS OF JOANNE VIGNONI PAPANDREA	8:30 Yoga ONSITE 9:45 Chair Yoga ON-SITE 11:00 Lift Spirits Strength 11:00 Pickleball 10:00 - 3:00 ART EXHIBIT & SALE WORKS OF JOANNE VIGNONI PAPANDREA
MON 30	TUES 31	WED 1	THUR 2	FRI 4
8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:00 Balance 11:00 Expressive Writing 1:00 Hand & Foot 2:00 Zumba Gold	9:15 Beg Mah Jong 10:15 Mah Jong 10:00 Men's Bocce 11:00 NEW: Line Dance 1:00 Shuffleboard 1:00 Tai Chi 2:30 Tai Chi	<p>We are pleased to host an Art Display & Sale of Joanne Papandrea's many artistic works, most of which will be offered for sale by her family as a donation to the Senior Center.</p> <p>We look forward to displaying many of her paintings as a permanent dedication to our Harbor Room for Arts and Crafts and adjacent Hallway in her honor.</p>		

PROGRAMS, CLASSES, ACTIVITIES

ART CLASSES

Basic Drawing w/ Judy Rossman - Mon 4:00 - 6:30 pm; 6 wks - July 12 - Aug 16

For beginners & intermediate/advanced students who wish to work independently with instruction as needed. Emphasis on developing effective observational skills - to see like an artist - with concentration on exercises to strengthen understanding & use of composition, light value, line and texture. Judy will offer a watercolor class in Sept drawing experience (or this class) suggested. Cost \$65

Painting from Life or Photos w/ Jo Killian Wildes - Wed at 12:30 pm - 3:30 beginning July 14 This class will be the student's choice of medium (oil, acrylic, watercolor or pastel). There will be a still life set up for those who wish to work from life. There will be a strong emphasis on fun as well as drawing to help the student translate the live study or photos to create a colorful composition on canvas, board or paper. Cost \$15 each week.

Plein Air Painting with Jo Killian Wildes - Stay tuned for Aug dates.

Charcoal Drawing in the Fall w/ Jo Killian Wildes.

Watercolor Painting in the Fall with Judy Rossman.

Please call or register online for all classes. Supplies lists available.



"No Rules" Book Group with Leader Nancy Harris
Book selected for next meeting date is:
The Children's Blizzard by Melanie Benjamin
Next Meeting is: Thursday, July 8 at 11:00 am on Patio

RECREATION & LEISURE

- Knitting—Thurs @ 1:00
- Quilting—TBD
- Mah Jong—Tuesdays
 - Beginners @ 9:15
 - Advanced @ 10:15
- Hand & Foot—Mon @ 1:00
- Scrabble—Wed @ 1:00
- Bridge & Cribbage—TBD
- Poker Game(s)—TBD
- Chess, anyone?
- Walking/Nordic Pole Walking
- Trail Walking—starting late August/early September ; stay tuned or call for info

SUCCULENT WORKSHOP

FRIDAY, JULY 16 at 10:30 AM

Sponsored by the LifeCare of Scituate's Kathy Behm.

Please pre-register! Limited space. Plants, materials supplied.

BOCCE

Call to request use of the Bocce set for a private game, or join the Group Play on Wed at 10:00 w/ rotating games. A Men's Bocce club will meet on Tues @ 10:00.

SHUFFLEBOARD & POOL TABLES

We are thrilled with our new Pool & Shuffleboard Tables! Players are welcome to sign up for time to play w/ friends: Pool - Mon mornings or Fri afternoons; Shuffleboard - Tues or Thurs @ 1:00. Call for other availability.

ART FOR YOUR MIND IS BACK!

We know you have been anxiously awaiting the return of Jill and her wonderful art appreciation presentations!

We will resume the monthly Art for Your Mind with Jill beginning on **Wednesday, August 11 at 11:00 am** with a presentation of "**Early New England Seascapes**".

This program is still sponsored by the Scituate Education Foundation. Please pre-register!

IPAD CLASS

Would you like to learn to use the iPad in a class setting with peers and a knowledgeable instructor? The Senior Center is offering a 2-session class with instructor Katy Mayo on **Friday, July 23 for Part I and Friday, July 30 for Part II at 10:30 am.**

Please call 781-545-8871 to find out more. Cost for both sessions is \$20.

PROGRAMS, GROUPS, ACTIVITIES

RICHARDSON - GAFFEY CONSIDER THE OPTIONS—SERVICES PRE-PLANNING PROGRAM

Wednesday, June 30

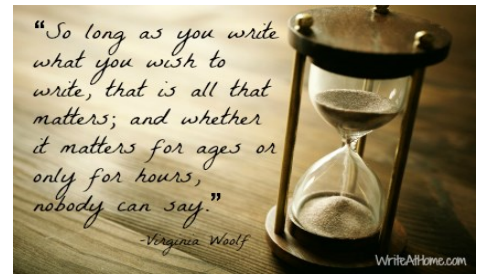
12:00-1:00. Lunch provided. Space is limited.

Join the Richardson-Gaffey team for an introduction to their services. Learn the options available for end-of-life pre-planning. They answers to questions you may have always wanted to ask!

CAREGIVER SUPPORT

Could you benefit from the support of others who understand the experience of being of a caregiver for a loved one? We encourage you to join our monthly Caregiver Support Group **NEW DAY & TIME: THURSDAY at 1:00-2:00 PM.**

Our group is led by experienced facilitator & social worker, Suzanne Otte. Next mtg: July 15 @the new Senior Center. A Zoom option will be available. Please call the Senior Center at 781-545-8722. We look forward to welcoming you!



EXPRESSIVE WRITING

Everyone is welcome at this weekly writing group. We choose a new prompt each week & write for 15 mins, then read aloud. Sometimes light, sometimes deep, sometimes funny & always fun!

Mondays 11:00 am—12:00pm

Join us! Call the Senior Center or register online!

SNAIL MAIL, E-MAIL, AND ON-LINE!

We realize sometimes the newsletters do not land in your mailbox as early as we would like, we want you to know that there are other options. You can receive an e-mail giving you immediate access to the newsletter online through Liturgical Publications **ourseniorcenter.com** site. Once the newsletter is published on-line, we immediately place it on our website page at **scituatema.gov/council-on-aging/newsletters**.

MYACTIVECENTER

We are pleased to offer this convenient, online system to register for on-site & virtual classes! You will need your personal key tag number on the back of your scan card, including the 'X'. **If you need a key tag or help setting up your account, please call us at 781-545-8722.**

If there is a cost associated with your program, you can pay w/ check or cash to the Senior Center, or using the below on-line system through the Town website.

ON-LINE PAYMENTS

We are able to offer online payments for some of our classes and programs through the Town of Scituate website.

On your browser, go to: scituatema.gov.

- Select Online Payments,
- Select Pay Bills Online,
- Select more from Town Clerk/Schools/COA,
- Select Town of Scituate Council on Aging

FRIDAY FLIX RETURNS!

Movie starts at 12:30; Popcorn provided.

July 30—A Beautiful Day in the Neighborhood (2019)

Aug 6—Yesterday (2019)

Aug 13—Ford vs. Ferrari (2019)

Aug 20—Walk the Line (2005)

Flyer available at Senior Center.

SENIOR ART FOR EXHIBIT WALLS

We are planning an Art Exhibit on the walls of the Senior Center 1st floor hallway & will be accepting art from our own senior community for display. If interested, please call Linda for information.

TRANSPORTATION

Local Rides

We provide weekly rides to medical or dental appointments & for other personal needs. Currently, we are unable to offer rides on Tues. Please call at least 2 days in advance!

Grocery Shopping

Wed—Shaws in Cohasset

Thurs—Village Market & Scituate Harbor

Out-of-Town Medical Rides

We arrange out-of-town medical rides to other locations on the South Shore, from Plymouth to the southern part of Boston. PLEASE NOTE—these out of town vans are extremely busy in the morning and late afternoons. For best service, try to schedule your out of town medical appointments for midday. Call Ann at least 5 days in advance.

Masks are required on the van.

Call Ann to be added to the trip schedule. 781-545-8722, press 3.

We are in need of a few volunteers willing to act as a companion to an older person riding the van who needs additional assistance. Call Ann if interested in this role.

Cost for Rides

Local trips:

\$1.75 / \$3.50 round-trip

10-ride pass: \$15

Medical Out-of-Town:

\$10 local round-trip

\$20 (Plymouth or Boston)

MORE CLASSES AND PROGRAMS

SUMMER SERIES:

With Bob Jackman

4 Wednesdays at 1:00-2:30 pm (dates below)

This summer, Bob will deliver four presentations on four distinctly different subjects. Patrons can enroll in advance to attend any individual talks or for the full series. The programs will be presented on the following dates: July 28, August 4, 11, and 18.

- **Jul 28—Antique Weathervanes**—will provide an overview of American weathervanes from the colonial era up to the 1930s. Striking images will be vary from powerful to humorous, and explanation of construction techniques will be included.
- **Aug 4—North End Assimilation at the Paul Revere Pottery**—will focus on a program that incorporated immigrant participation to transform a school that assisted with assimilation into mainstream American culture.
- **Aug 11—N.E. Lightships**—will survey lightships principally anchored off the coasts of Massachusetts and Maine at dangerous locations where lighthouses were not feasible. Although often overlooked, lightships were often more important than lighthouses and the life was perilous.
- **Aug 18—19th Century American Folk Painting**—will survey the field of American painting by artists who were not university trained. We will view a delightful gallery of images and provide thumbnail biographies of some artists.

There will be a 10-minute intermission during each program and social time before and after the program. A cart for coffee or tea will be available in the room. **Requested fee is \$4/each talk; or \$12 for all 4 sessions.**

SUMMER TALK - SUFFRAGETTES OF SCITUATE

With Lyle Nyberg

Friday, August 20 at 10:30 am

A surprising number of nationally recognized suffragist leaders spent summers in seaside Scituate, Massachusetts. Lyle's recent book creates a revealing portrait of their lives in what was arguably the nation's summer suffragist capital, using original research and previously unpublished records. Lyle will provide an account of their personal and activist lives in Boston, New York, Washington, and elsewhere, fighting for women's right to vote. It is both local and national history, still relevant to our times, when the right to vote and the right to protest are under assault. Fascinating!

Scituate SENIOR CENTER

& Council on Aging

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SCITUATE, MA 02066

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LOCAL ADVERTISERS



SUPPORT

The cost of mailing this newsletter is supported by funds we receive from the state Executive Office of Elder Affairs (EOEA) through the annual Formula Grant.

Advertisers

Printing of this newsletter by LPI is made possible through local advertising. Anyone wishing to advertise, call LPI at: 800-477-4574 x6377.

FOSS—Tax-deductible donations may be made to the Friends of Scituate Seniors to support Senior Center programs & services at any time. The Friends provide funding for items not supported by the municipal budget or grants. Much of the Friends donation monies have been applied to purchases for the new Senior Center, including outdoor patio furniture & bookcases for the Café. Thank you ALL for your past donations & fundraising efforts over these many years!

FOSS ADDRESS for membership & donations:

P.O. Box 75, North Scituate, MA 02060

DONATIONS IN MEMORY OF / IN HONOR OF

You could memorialize or honor your loved one or a dear friend here in support of future Senior Center programs. Donations may be made to the Friends of Scituate Seniors to continue their support of the Scituate Council on Aging Programs & Services. Donations may also be made directly to the Scituate Council on Aging for Programs, Transportation or Outreach Services. Thank you to those families and individuals who have donated through the Friends “Build a Campus” Committee for the Fund a Room campaign.

Donor

Elyse LaForest

In Honor of

In Memory of

Bette Johnson